

# WESTWOOD RECREATION DEPARTMENT



## 2019 FALL PROGRAMS

RESIDENT REGISTRATION BEGINS SEPTEMBER 3  
NON-RESIDENT REGISTRATION BEGINS SEPTEMBER 9  
Most Classes Begin Week of September 23

See back for details! Visit [www.westwoodnj.gov](http://www.westwoodnj.gov) to register!



## CHILDREN'S PROGRAMS ALL CLASSES ARE FOR 8 WEEKS UNLESS NOTED.

### MOMMY/DADDY & ME

Thurs	9:15-10:15 am	Ages 18-23m	Community Center	Fee: \$65
Thurs	10:30-11:30 am	Ages 2-3	Community Center	Fee: \$65

This program will incorporate music, fitness, games, stories and crafts for children while creating a positive interaction between adults. Children must be accompanied by an adult. Class starts September 26<sup>th</sup>.

### BALLET/TAP 1

Fri	4:00-4:45 pm	Ages 3-4	Community Center	Fee: \$65
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An introduction to Ballet and Tap for preschoolers! Classes are designed to enhance coordination and creative ability. Class starts September 27<sup>th</sup>.

### BALLET/TAP 2

Fri	4:50-5:35 pm	Grades K-1	Community Center	Fee: \$65
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This class expands and enhances the basic concepts and abilities of ballet, jazz, and tap using a fun and positive method. Class starts September 27<sup>th</sup>.

### KIDDIE HOP

Fri	5:40-6:35 pm	Grades 2-3	Community Center	Fee: \$65
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Students have fun dancing to cool beats while benefiting from the cardiovascular workout that Hip Hop dancing has to offer. Class starts September 27<sup>th</sup>.

### THE HAPPY PIANO (10 weeks)

Wed	4:00-4:30 pm	Ages 3-4	Community Center	Fee: \$185
Wed	4:30-5:00 pm	Ages 5-6	Community Center	Fee: \$185

These group piano lessons are limited to 6 children per class, keyboards provided. Visit [happypiano.com](http://happypiano.com) to learn more. Note: New students must provide a \$35 materials fee to be collected at the first class. Class starts September 25<sup>th</sup>.

### NEW! CHESS

Mon	3:45-4:45 p.m.	Grades K-8	Community Center	Fee: \$135
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You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Whether you are new or experienced or just want to have fun, this is the class for you! Class starts September 23<sup>rd</sup>.

### NEW! OUTER SPACE & PHYSICS FUN

Thurs	4:30-5:30 pm	Grades 1-6	Community Center	Fee: \$145
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Learn all about the stars, constellations and planets as you build and take home your very own Solar System Kit! Each astronomer will make the planets orbit around a solar-paneled sun that drives a motor so the planets actually move. Class starts September 26<sup>th</sup>.

### NEW! STEM FUNDAMENTALS W/LEGO

Tues	4:00-5:30 pm	Ages 5-12	Community Center	Fee: \$159
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Master engineering skills with **Play-Well TEKnologies** and tens of thousands of LEGO parts! Apply real world concepts in engineering and architecture through build projects including boats, snowmobiles, arch bridges and battletracks. Class starts September 24<sup>th</sup>.

### SOCCER SQUIRTS (7 weeks)

Wed	1:30-2:30 pm	Ages 3-5	Westvale Park	Fee: \$134
Wed	4:30-5:30 pm	Ages 3-5	Westvale Park	Fee: \$134
Wed	5:30-6:30 pm	Ages 3-5	Westvale Park	Fee: \$134
Sat	3:00-4:00 pm	Ages 3-5	Brookside Park	Fee: \$134

### SOCCER SQUIRTS PARENT & ME

Wed	10:00-11:00 am	Ages 2-3	Westvale Park	Fee: \$134
Sat	4:00-5:00 pm	Ages 2-3	Brookside Park	Fee: \$134

USSI presents a small group introduction to soccer for young children. Classes begin September 18<sup>th</sup> (Wed) and September 14<sup>th</sup> (Sat).

### SPORT SQUIRTS (7 weeks)

Fri	12:15-1:15 pm	Ages 3-5	Westvale Park	Fee: \$134
Fri	4:30-5:30 pm	Ages 3-5	Westvale Park	Fee: \$134
Sat	2:00-3:00 pm	Ages 3-5	Brookside Park	Fee: \$134

### SPORT SQUIRTS PARENT & ME

Fri	10:00-11:00 pm	Ages 2-3	Westvale Park	Fee: \$134
Fri	5:30-6:30 pm	Ages 2-3	Westvale Park	Fee: \$134

Young children will enjoy learning a variety of sports including Soccer, T-Ball, Lacrosse and Track/Field. Classes begin September 13<sup>th</sup> (Fri) and September 14<sup>th</sup> (Sat).

### TGA PREMIER JR. GOLF (6 weeks)

Thurs	3:30-4:30 pm	Grades K-3	Voorhis Park	Fee: \$115
Thurs	4:45-5:45 pm	Grades 4-8	Voorhis Park	Fee: \$115

Students learn the basics and fundamentals of the sport while being prepared to play on the golf course. Classes begin September 19<sup>th</sup>.

### TGA TENNIS (Intermediate/6 weeks)

Sun	10:00-11:00 am	Grades 3-8	McKinley Park	Fee: \$115
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### TGA TENNIS (Beg/Adv. Beginner/6 weeks)

Mon	3:30-4:30 pm	Grades K-1	McKinley Park	Fee: \$115
Mon	4:30-5:30 pm	Grades 2-4	McKinley Park	Fee: \$115
Mon	5:30-6:30 pm	Grades 5-8	McKinley Park	Fee: \$115

Certified USTA instructors teach the latest techniques in a fun and engaging environment. Visit [playTGA.com](http://playTGA.com) to learn more. Classes start on September 15<sup>th</sup> (Sun) and 16<sup>th</sup> (Mon).

### GIRLS VOLLEYBALL (9/17-11/7)

Tues/Thurs	7:00-8:00 pm	Grades 5-6	WHS Lower Gym	Fee: \$75
Tues/Thurs	8:00-9:00 pm	Grades 7-8	WHS Lower Gym	Fee: \$75

This program will teach all the basic skills: serve, set, volley and spike! Classes begin September 17<sup>th</sup>.

### PING PONG

Tues	4:00-5:00 pm	Grades 1-8	Community Center	Fee: \$111
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Learn Ping Pong, a game that sharpens mental skill and focus while moving every muscle in the body! Classes begin September 24<sup>th</sup>.

### NEW! PETS, PUPPIES AND PAINT

Tues	3:30-4:30 pm	Age 4-Gr. 2	Community Center	Fee: \$150
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Join **Abakadoodle Art Studio** this fall to learn about artists, animals and pets through art! From rainbow ponies to clay flamingoes and shaggy dogs – new projects each week using wood, canvas, fabric, clay and other cool materials. Class starts September 24<sup>th</sup>.

### COLORFUL WARRIORS: Yoga & Art

Wed	4:15-5:15 pm	Age 4 - Gr 4	Community Center	Fee: \$118
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A combination class of Yoga & Art where children learn how using the body's senses help us to be creative and mindful, for example making slime and teaching the body to move, stretch and glide. New materials and projects each week. Class starts September 25<sup>th</sup>.

### COLORFUL WARRIORS: Teen Art

Mon	5:45-7:00 pm	Grades 5-9	Community Center	Fee: \$135
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Students will learn how to paint on canvas using acrylic paint. This is a studio art class and will focus on individual abilities. Students will be given the option to paint freely or from a guided lesson. All materials will be provided. Class starts September 23<sup>rd</sup>.

### KNITTING

Thurs	4:30-5:30 p.m.	Grades 2-8	Community Center	Fee: \$25
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### NEW! PARENT & ME KNITTING

Thurs	5:30-6:30 p.m.	Grades 2-5	Community Center	Fee: \$25
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Explore the art of knitting! Students will learn basic stitches and as they progress, they will create a small project. All materials provided, no experience necessary. Class starts September 26<sup>th</sup>.

WESTWOOD RECREATION DEPARTMENT - WESTWOOD COMMUNITY CENTER

55 JEFFERSON AVENUE, WESTWOOD NJ 07675

[www.westwoodnj.gov](http://www.westwoodnj.gov)

201-664-7882

[recreation@westwoodnj.gov](mailto:recreation@westwoodnj.gov)

Gary Buchheister, Recreation Director

Margaret McDonough, Administrative Assistant

RoseAnn Ciarlante P/T Recreation Aide

# ADULT FITNESS PROGRAMS

<b>RECREATIONAL VOLLEYBALL</b>	<b>Mon 8:00 – 10:00 pm</b>	<b>Fee: \$20</b>
A fun yet competitive program starting September 23 for 10 weeks at Westwood Regional Middle School. Men and Women of all skill level from novices to veterans are welcome.		
<b>POWER VOLLEBALL</b>	<b>Wed 8:00 – 10:00 pm</b>	<b>Fee: \$20</b>
A more competitive Volleyball program running for 10 weeks at Westwood Regional High School starting September 25 <sup>th</sup> .		
<b>OPEN GYM BASKETBALL</b>	<b>Mon 9:00 – 11:00 pm</b>	<b>Ages 18-29 Fee: \$40 per session</b>
<b>OPEN GYM BASKETBALL</b>	<b>Tues/Thurs 9:00--11:00 pm</b>	<b>Ages 30+ Fee: \$40 per session</b>
<b>OPEN GYM BASKETBALL</b>	<b>Sun 9:00 – 10:30 am</b>	<b>Ages 50+ Fee: \$40 per session</b>
This year round (July – December & January - June) program takes place at the Community Center.		
<b>TENNIS LESSONS</b>	<b>Sun 9:00-10:00 am</b>	<b>Fee: \$115</b>
TGA Premier Tennis will offer lessons at McKinley Park. This six-week session will begin September 15 <sup>th</sup> . It's never too late to learn this lifelong sport. Grab a friend and enjoy the fun! Loaner racquets available.		
<b>YOGA</b>	<b>Tues/Thurs 7:15-8:00 pm</b>	<b>Fee: \$115</b>
This 10-week program begins September 17 at the Community Center with a focus on stretching/strengthening to promote physical/mental wellness including reducing stress and chronic pain as well as improving sleep and bone/joint health.		



## WESTWOOD RECREATION SPORTS PROGRAMS

Registration Period: Sept. 3rd – Oct. 18<sup>th</sup>  
Register online at [www.westwoodnj.gov](http://www.westwoodnj.gov) using Community Pass.

**BASKETBALL** Grades 1-2 (clinic) Fee: \$50  
Grades 3-12 Fee: \$85



The Recreation Basketball Program is available to all Westwood and Twp. of Washington boys and girls in grades 1-8 as well as boys in grades 9-12. Practices are usually held during the beginning in December. Games are held on Saturdays beginning in January. Travel team tryouts will be held in early November. **Coaches needed for all age groups.**

**WRESTLING** Fee: \$100

The Westwood Junior Wrestling Program is open to boys and girls in grades 1-8 from Westwood and Twp. of Washington. Practices will be held during the week beginning in December. Matches and tournaments held weekends in January and February. **\$50 deposit for singlet at time of handout.**



## WESTWOOD SPORTS ORGANIZATIONS

### COMPETITION CHEER/DANCE

Open to Westwood/Twp. of Washington children in grades 6-8. Tryout practice will be September 10<sup>th</sup> at 7:00 p.m. in the Community Center. Actual tryouts will be on September 14<sup>th</sup> at 10:00 a.m. For additional information, please call Judie Gargano at 201-666-9637.

### WILDCATS ROLLER HOCKEY

Open to boys and girls ages 9 – 17 in Westwood/Twp. of Wash/Paramus and surrounding towns. Online registration starts Monday, September 9<sup>th</sup> at [www.leaguelineup.com/WRHA](http://www.leaguelineup.com/WRHA) where information related to the league, fees and registration forms, is also available. Online registration closes on September 30<sup>th</sup>. For more information email [wildcatsrha@gmail.com](mailto:wildcatsrha@gmail.com) (Member NJRHA)



## WESTWOOD RECREATION PRE-SCHOOL

Visit [www.westwoodnj.gov](http://www.westwoodnj.gov) for details on our 3-half-days a week preschool focusing on Kindergarten readiness for children 3-5 years old. The fully-licensed, affordable program provides a solid academic and social foundation in a fun, nurturing setting.

### SPECIAL NEEDS ACTIVITY PROGRAM (SNAP)

Westwood and Twp. of Washington Recreation Departments co-sponsor the year-round SNAP recreation program for children with special needs. We offer arts/crafts for ages 3+ and Basketball, Baseball, Indoor Soccer and Tennis for children 7+. Visit [www.westwoodnj.gov](http://www.westwoodnj.gov) to see the program brochure. This program is generously sponsored by:



## HALLOWEEN PARADE

**Saturday, October 26, 2019 10:00 a.m.**  
Gather in Veterans Memorial Park for this fun seasonal event. Please look for more details on our Facebook page @westwoodnjrec and on the Recreation page of [www.westwoodnj.gov](http://www.westwoodnj.gov). This event is generously sponsored by:



## TEEN CENTER

**Fridays 7:30 – 10:00 p.m.**  
**OPENING NIGHT September 27<sup>th</sup> at 7:30 p.m.**  
The Teen Center is available to all Westwood/Twp. of Washington residents in Grades 6-9 at no cost. Staff and adult volunteers coordinate activities and occasional special events in a fun, safe environment. Basketball, volleyball, ping-pong, billiards, air hockey and X-Box on a big screen are just some of the available activities. Parents must fill out a registration form at the TEEN CENTER on any Friday night or during business hours at the Community Center. Refreshments are available throughout the evening for a nominal fee.



## FOREVER YOUNG

Westwood Recreation offers classes for residents 55+ at no cost: Basketball, Cardio Fitness, Strength & Conditioning, Yoga, Pickleball, Mah-Jong, monthly Health & Wellness Seminars and more! For more information call 201-664-7882 or visit the Recreation page of [westwoodnj.gov](http://westwoodnj.gov). This program is generously sponsored by:



**2019 Fall Program registration begins on Tuesday, September 3, 2019 at 9 am on a first-come, first served basis on-line at [www.westwoodnj.gov](http://www.westwoodnj.gov) using Community Pass or at the Recreation Dept. (cash, check, money order to Borough of Westwood).** If classes are open, Non-Residents may register on Monday, September 9, 2019 for an additional \$25. \*If you are not satisfied you will be issued a full refund. \*Most recreation programs are not held on Borough or School holidays/closings including Columbus Day, Monday, October 7, Veteran's Day, Friday November 8, Thanksgiving Thursday/Friday November 21-22. \*For some programs medical accident coverage is provided as a secondary insurance. If you do not have insurance this policy becomes the primary insurer (max. \$10,000). \*The Recreation Dept. reserves the right to cancel/alter a program due to insufficient registration/other logistical reason. Full refunds given for cancelled programs.